

Arizona Diabetes Coalition

Food at Meals*

Approved by the
Arizona Diabetes Leadership Council April 4, 2008

Rationale

The Arizona Diabetes Coalition, whose members are experts and leaders in the field of diabetes in Arizona, promotes healthy eating and lifestyles for all people. In order to “walk the walk” the Diabetes Leadership Council adopted and approved the American Diabetes Association meal guidance.

Since obesity is the leading risk factor for developing type 2 diabetes, and obesity is a major risk factor associated with cardiovascular disease (which itself is the most serious complication of diabetes), a diet that is reduced in calories and low in saturated fat are the two major goals for a healthy lifestyle.

The primary reason for these guidelines is to set an example for what constitutes healthy eating. If we lead by example, the individuals we reach may change their diet, and food services will hopefully recognize the value of offering healthier menu items. In addition, we will be practicing what we preach – that is a healthy diet is the cornerstone for a healthy life.

Physical activity is also important for weight management. Whenever possible, meetings should have some period at which moderate exercise is encouraged.

The guidelines below are for ALL food served by the Coalition at meetings, catered functions and events.

General Guiding Principles

Preparation

Entrees, side dishes, salads, and salad dressing should be prepared using unsaturated oils such as olive oil, canola oil and corn oil. No deep-fried foods (e.g. fried chicken, french fries).

Entrees

6 ounces or smaller portions of lean meat, fish and poultry prepared using low-fat cooking methods such as grilling, broiling, sautéing, poaching, roasting, baking, stewing, microwaving or braising. A low-fat vegetarian alternative must be available at all meals.

Sauces/Dressings

Dressings and sauces should not be served directly on food. These items should be passed separately. Offer oil and vinegar in separate containers as an alternative salad dressing. Butter and margarine can be served. No cream sauces.

Vegetables

All are acceptable.

Soups

No cream-based soups.

Salads

No high-fat meats, only reduced-fat cheese.

Dairy

No table cream. Whole, 2%, and skim milk are acceptable for coffee/tea. Only reduced-fat yogurt or reduced-fat cheese. Only reduced-fat sour cream. Only reduced or low-fat ice cream.

Breads/Cereals

All breads are acceptable, but whole grain breads are preferred. No cereal where there is significant added sugar (e.g. kids cereals like sugar pops, frosted flakes).

Dessert

All desserts must be low or reduced-fat. Fresh fruit must be served at every meal.

Beverages

No regular calorie soda. Teas, coffee, diet soda, water and only 100% fruit juices are acceptable. Provide decaffeinated coffee and tea as well as regular selections.

Specific Meal Guidance

General

No deep-fried foods. No foods with cream-based sauces. Only reduced-fat cheeses and sauces – both served only on the side. No plated meal can have more than 1,000 total calories. (A plated meal consists of the appetizer, soup, entrée, salad, side dishes and dessert. It excludes breads and all self-serve condiments). Whenever possible we should display the total caloric content and macronutrient content of all foods/meals.

Breakfast

Healthy foods are cereals, reduced-fat yogurt, eggs any style, waffles/pancakes, bagels, English muffins, fresh fruit, peanut butter, all jellies, butter, margarine, reduced-fat cream cheese, and beverages including a selection of fruit juices. Only turkey bacon or turkey sausage. Only non-fat or reduced-fat cheese. No pastries, biscuits, muffins, croissants or donuts. No sauces for eggs.

Lunch & Dinner

Healthy foods are make-your-own sandwich or salad buffets, baked potato bar, non-cream based soups, pastas with non-cream sauces on the side, vegetables, sliced or whole fruit. All low fat cold cuts are acceptable. All lean meats are acceptable; fat should be trimmed if possible. No potato salad, macaroni and cheese, pizza, cream sauces. Only reduced-fat cheese; all cheese must be self-serve for sandwiches (verses as part of the sandwich). Low-fat chips are acceptable.

Breaks/Snacks/Desserts

Healthy snacks are pretzels, nuts, fruit, vegetables, unbuttered popcorn and any other reduced-calorie, low saturated fat food (e.g. yogurt). No “regular” cookies, brownies, muffins, cakes, or pastries. All desserts must be low or reduced-fat. Snack bars are only permitted at “Special Events” where at least moderate exercise is performed.

***This food guidance is adapted from the American Diabetes Association Food at Meals.**